

# Go Off-Road NJ!

## NJ Trail Running Series #1 The Allaire 9 Mile Trail Run

January 17 - 10:30AM

Hillometer Chart - 5.4 (1 is flat, 10 is mountain climbing)

Agility/Stability Scale - 3.5 (1 is nicely groomed, 10 is ankle-turner)



This monthly statewide series will cover all of New Jersey, from High Point State Park in the north to the Pine Barrens in the south. The Allaire 9 Mile Trail Run kicks off the 2004 year with a challenging course along the Orange, White, and Blue multi-use trails in Allaire State Park. Obstacles include sand pits, embedded roots, puddles (or ice, if cold), and the infamous Sand Hill!

Series Awards will be handed out at the last race of the Series. The rules will be shown in its entirety on [www.runnersmecca.com](http://www.runnersmecca.com).

Location: Allaire State Park

Time: 10:30 Start

Registration: Opens at 9 am

**Refreshments:** Post-race festivities will be at a local tavern. We will give directions to the post-race party at registration.

**Awards:** Individual overall and age group awards will be given at the end of this race.

### DIRECTIONS:

Garden State Parkway Exit 98 to 195/138 West to Rt. 34 South. Go only 1/8 mile on Rt. 34 South and

make first right onto Rt. 30 West (Sign for Allaire). Go to end, make left on Rt. 524 East for about a quarter mile, then make right on Hospital Road. Drive about half-mile and park in large parking lot/trailhead on your right.

Special 2004 calendars will be given to all registrants.

Contact 908-229-9687 or 908-295-8580 for more information. OR go to [www.runnersmecca.com](http://www.runnersmecca.com) for further information and updates. Also check the website in case of snow problems.

**REGISTER ON-LINE AT [www.active.com](http://www.active.com)**

## Official Entry Form

Mail completed form to: 9 Mile Trail Run, 34A Bartle Court, Highland Park, NJ 08904

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Sex: (circle one): M F Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Check whichever applies:

\$17 USATF members (Postmarked by 02/12/04) USATF-NJ #: \_\_\_\_\_

\$19 Pre-registration (Postmarked by 02/12/04)

\$24 Post-registration and race day

Make Checks Payable to: Runnersmecca/9 Mile Trail Run

Waiver/Release:

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in these trail events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release, the race directors, and all organizing committees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(by guardian if under 18)



500 points

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[www.compucore.com](http://www.compucore.com)